It has the reputation of nearly a quarter of a century behind every packet sold-

Black-Green-or Mixed -

CHAPTER XVI.-(Cont'd).



Fish Recipes.

Fish Soup (Russian).—This soup very hearty. It may be made of one or several varieties of fish. Put two until a good brown. pounds fresh fish, including bones and , head, in a saucepan, together with one sliced carrot, one onion, several stalks of celery cut into bits, sprigs of parslev one har leaf and six responses and bread crumbs, one-half pound very finely chopped or grated suet, a little always been pertickler, and always been pertickler, and always she heard hurrying foot-steps behind smokes his cigar of a Sunday, and I Strain through cheesecloth into another saucepan, add six tablespoons rice and boil until rice is tender. Add one-half pound uncooked fish, skinned, bon-half pound uncooked fish pound uncooked fish pound uncooked mer about fifteen minutes. Have ready one egg yolk beaten into one. One of the duties of every Cana- day almost, but 'e couldn't make up cup of cream or rich milk; add this to dian housewife at the present is to his mind. We used to joke him pepper and paprika and serve.

fish, picking out every fragment of tain kinds of food. and salt and pepper to season. Pack ed at least half an hour in clear, cold "That was my final answer," said in a buttered mold which has a tight- water before cooking. Particularly Poppy Tyrell, the corners of her mouth

Salmon Cutlets. - Chop rather salt to the water in cooking these, as "All young gells say that at first," mon, and mix in an equal bulk of fibre, and destroys the flavor. bread crumbs, seasoning the lot ac- All vegetables should be put over of beaten eggs, form a fairly stiff water, and in uncovered vessels. frying pan with dripping. This pro- or they will become heavy and soggy. cess will be found an economical one, Old peas, beans, and lentils should it," said the girl. "I shall not marry

from about half a pound of cold fish. and threw this water out. They are be choosers Chop up a hard-boiled egg and add to then ready to be cooked according to "They can't choose much now," said. this the fish. Add half a teacupful any recipe. This preparation is neces- Poppy, in a low voice; "but, as you you, boiled rice, a dessertspoonful of finely sary in order to get full food value know, I'm going to a situation on chopped parsley and pepper and salt and to make them more digestible and Monday, and I shall soon be able to to taste. Mix all well together. Make palatable. It is important to remem- pay off my debt to you; though, of half a pint of white sauce and add to ber this at the present time, as these kindness in letting me live here when the other ingredients. Mash half a foods are amongst our best meat sub- I had nowhere else to go." pound of cooked potatoes and suffici- stitutes. ent flour and dripping to make a nice Vegetables containing volatile fla- Wheeler. "I'm sure I couldn't 'ave ers with this; then fill with the mix- and Brussels sprouts, should be boil- liked to say, if Bob hadn't come forture Bake till brown, after cover- ed in salted water in an uncovered ward and paid for you.' ing with the rest of the pastry.

Sugar Substitutes

We all need a certain amount of sugar, specially during the cold weather, because it is a carbohydrate, or heat and energy giver.

an enormous amount of sweetness to be had from maple sugar, honey and molasses. Besides these actual sugars the starchy foods have to be consider- made with the water in which vegeed as heat-givers, because starch is tables have been boiled. of digestion.

dried applies, six ounces of bread blue. with a layer af the apples sprinkl- satisfactory than paper. ed with sugar, nutmeg and cinnamon If a bit of piecrust is left over, roll ing one of the crumbs for last. Pour delicate brown.

Marmalade

I made it with my same old recipe

but I used

Sugar

dissolves instantly making a clear jelly.

On account of its Fine granulation it

2.851h cartons 10, 20& 100 lb sacks

with sugar, put in a few more pieces of butter and bake in a moderate oven of butter and bake in a moderate

Rajah Pudding. - One pound of "He's been a good son," said the ley, one bay leaf and six peppercorns. Chop raisins. Chop raisins coarsely and mix them with the finely boil gently one and one-half hours. Chopped suet, then add the bread bread 'ed to it."

smokes his cigar of a Sunday, and I "I just wanted a few words with you earned 'e spent on a cane with a dog's breathlessly."

How To Prepare Vegetables

the soup; remove from fire without make every home a thrift centre. letting boil any more, flavor with salt, There are still avenues of waste in every home. One of the most un- said Mrs. Wheeler. "He's told me Salmon Mold.—Drain off the juice noticed of these is probably our me- all about you—he never has no secrets from a can of salmon and flake the thods of preparing and cooking cer- from 'is mother. He told me that

lemon, a cupful fine dry dread crumbs, those that are wilted should be soak- that you'd give 'im another answer toes. Under no circumstances add thing else.

cording to taste. Then, with the aid the fire to cook in rapidly-boiling

paste, which can be made into cutlets, Vegetables containing starch—rice, "It's early days to ask you, per and each coated with egg or milk and potatoes, chestnuts-must be boiled haps, so soon after Captain Flower's browned bread crumbs. Heat in a until tender, but not a moment longer, death," suggested Mrs. Wheeler.

as the fish lasts longer than if merely be washed and soaked over night. In your son in any case. the morning drain, cover with fresh Fish Patties.—Remove all bones boiling water, boil half an hour, drain, ping.

> pleasant odor. The volatile matter the floor, contained in all these vegetables is "Yes, Bob," said the other, melorich in hydroger and sulphur, both of dramatically; "'im what isn't good which are valuable for the human enough to be your husband." system; so when this is allowed to es- "I didn't know," said the girl, brok-

Housekeeping Hints.

A number of creamed soups can be

from white stockings cut open. The a funny thing." Layer Pudding .- Four ounces of edge can be crocheted with pink or Miss Tyrell regarded her for a mo-

of brown bread; four ounces of brown water, uncovered, will be more digestsugar, three ounces of butter, nutmeg, ible and will not scent the house as it
and discovered to her horror Mr. cinnamon, one-half pint of hot milk. does when cooked tightly covered. Fraser standing upon the doorstep, Soak the apples and stew very gently Pantry shelves are cleanly and at- with a smile which was meant to be until quite tender. Grease a fire-proof tractive painted white. Give them propitiatory, but only succeeded in bedish and sprinkle a thick layer of two coats of white paint, and lastcrumbs on the bottom. Cover this ly a coat of enamel. This is more

and add a few little cabs of the but- it out rather thin, sprinkle it thickly as he shook hand ter. Repeat these layers alternately with granulated sugar, cut into until the ingredients are used up, keep- squares and bake in the oven until a

The Bride's Name;

Or, The Adventures of Captain Fraser

"Where are you going Poppy?" she inquired, as the girl rose to follow the once hostile and impatient. While he dutiful Mr. Wheeler. "I want to was wondering whether Miss Tyrell

The girl resumed her seat, and takthe youngest Wheeler but two, or the youngest but one, whichever it happened to fit best, or whichever want- gravely want to speak to you about Bob," said woman would have said "Good ridMrs. Wheeler, impressively. "Of dance."

thing from his mother. He 'as told The girl's eyes rested for a moment been much run after, he is three-and-twenty and not married yet. He told Fraser looked at Mrs. Wheeler in me that none of 'em seemed to be perplexity, then, jumping up sudden-

"Before you came here there was a

"He's very young still," said Poppy. "He's old enough to be married," he asked you to walk out with 'im last bone and skin. Mix with the fish one Here are the rules for the cook- night and you said 'No'; but I told 'im egg lightly beaten, the juice of a half ing of vegetables: Old vegetables or that that was only a gell's way, and

fitting tin cover, steam for two hours does this apply just now to old pota- hardening. "I shall never say any-

coarsely the contents of a tin of sal- it draws out the juices, hardens the said Mrs. Wheeler, making praiseworthy efforts to keep her temper. "Wheeler 'ad to ask me five times." "I meant what I said," said Poppy stitching industriously.

"That has nothing at all to do with

"Not good enough for you, I sup-"In my time beggars couldn't

"It isn't me you owe it to," said Mrs. Roll out, and line some sauc- voring, onion, cabbage, cauliflowers, afforded to do it, whatever Wheeler you going?

vessel, or they will emit a very un-

cape by over-cooking or careless cook- enly; "you should have told me. I long voyage, and having been paid off, London.-Do you wear classes? Are you a

Wheeler. "Is Mr. Fraser up in Lon-"I'm sure I don't know," said the

girl, pausing at the door. "Sure to be, though." Wheeler, significantly; changed to sugar during the process Very good wash cloths can be made you know that—some people's pride is 'ave to starve, my dear. But, there, tury ago.

crumbs, browned in the oven or made | Cabbage, if cooked in boiling salted room, coming back again from half-

"Is that Mr. Fraser?" demanded Mrs. Wheeler's voice, shrilly. "That's me," said Fraser, heartily, as he shook hands with Poppy and

"I thought you wouldn't be far off. said Mrs. Wheeler, in an unpleasant voice. "Poppy's been expecting you." "I didn't know that Mr. Fraser was oming," said Poppy, as the helpless man looked from one to the other. " uppose he has come to see you. He as not come to see me." "Yes, I have," said Mr. Fraser,

"I wanted-" But Miss Tyrell had gone quietly upstairs, leaving him to gaze in a perturbed fashion at the sickly and somewhat malicious face on the sofa.

"What's the matter?" he inquired Nothing," said Mrs. Wheeler. "Isn't Miss Tyrell well?" "So far as I'm permitted to know

Mr. Wheeler well?" inquired Fra-"Wr. Wheeler well?" inquired Framore to ask that the United States do
her share in supplying a part of the
share in supplying a part of the
200,000,000 which Belgium must have
or perish. "The situation in Belgium

the war. I have come home to ask "All very well," said Mrs. Wheeler.
His stock of conversation being exhausted he sat glancing uncomfortably round the littered room, painfully after his arrival in New York.

had gone upstairs for a permanency he heard her step on the stairs, and directly afterwards she appeared at "Good-bye, Mrs. Wheeler," she said

"Good-bye," said Mrs. Wheeler, in

me about all the gells he has walked on Fraser. Then she bade him good-out with and though, of course, he 'as bye, and, opening the door, passed into

ly as Poppy passed the window, he

"Have you left the Wheelers?" he in-

Miss Tyrell made no reply, except

warned him not to repeat the question, and he walked beside her for some "Good-bye," she said, suddenly.

"I'm not going," said Fraser, with "Mr. Fraser," said the girl, reddening with anger, "will you please understand that I wish to be alone?" "No," said Fraser, doggedly "A gentleman would not have to

have half so much said to him," said Well, thank God, I'm not a gentleman," said Fraser, calmly. "If I had a father or a brother you

would not behave like this," said the "If you had a father or a brother they would do it instead," said Fraser, gently; "it's just because you've got nobody else that I'm looking after

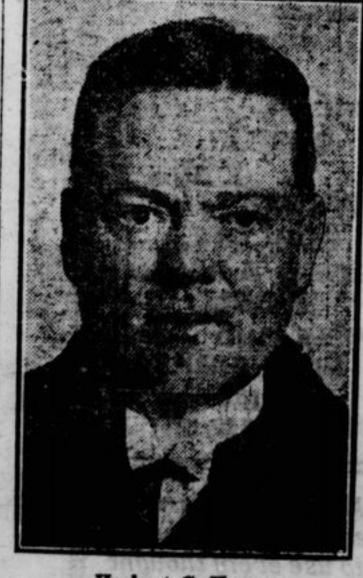
cheerfully, "but I'm going to do it If you've left the Wheelers, where are Miss Tyrell, gazing straight in

"Won't you tell ne?" persisted the (To be continued).

The Jolly Sailor.

A sailor who had landed after a

When Oil Was Costly. Modern electric lighting costs about one-twenty-fifth as much as illumina tion with sperm oil or candles a cen-



Herbert C. Hoover of the Belgium Relief Commission. head of the great organization that works unceasingly to keep the sou of the Belgian people in their starved bodies. He has come to America once he whole pa-and all of them?" said is the worst since the beginning of

If Belgium Were "Next-Door" To Canada

-if the heavily-charged electric wires, that pen the people into a workless and almost foodless land, ran

-if instead of reading of Belgian sufferings we heard the pitiful tales from the lips of escaped victims

-if we could see the long and hungry bread-lines of people as intelligent and once as prosperous and

-if we could watch the thousands of emaciated children who are fed at the schools by the Belgian Relief -if what they are enduring, and their desperate need,

were clear and vivid to us, instead of unreal and -then the great hearts of Canadians would be moved, and there would be no trouble in raising several times

our present contributions to the Belgian Relief Fund.

Can we bring the urgent need of the hungry Belgian mothers and children home to YOU? Can we enlist YOUR active sympathy for those whose very lives depend on the prompt and continued help of people like yourself? Send your subscriptions weekly, monthly or in one lump sum to Local or Provincial Committees, or

beigian Kelief Fund

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enly; "you should have told me. I long voyage, and having been paid off, would sooner starve. I would sooner called a cab, threw his luggage inside, lead to know that according to the streets. I will go at once."

London.—Do you wear classes? Are you a bottle of Bon-Opto tablets. Drop one Bon-Opto tablet in a fourth of a glass of water and allow to dissolve. With this liquid bathe the eyes heat and energy giver.

In the first place, we must remember that the refined white sugars, granulated, powdered and cube, are the most expensive, and that the most expensive, and that the brown is pure, wholesome and actually sweeter, besides being considerably sweeter, besides being considerably sweeter, then there is a large amount of sugar contained in raisins and oth
"I dare say you know where to go, so I shan't worry about you," replied many for the word of the streets. I will go at once."

"I dare say you know where to go, so I shan't worry about you," replied man, "but you should get inside and put your boxes on top." "Steer the cooked in boiling, unsalted water. Salt should be added after they have been should be added after they have been of sugar contained in raisins and oth
"I dare say you know where to go, so I shan't worry about you," replied man, "but you should get inside and put your boxes on top." "Steer the cooked in boiling, unsalted water. Salt should be added after they have been and sugar on the street in the street is teal loops for you. Many whose seve a were failing say they have had their sevent the street is teal loops for your have on top. If so, you will be glad to know that according to do top himself. "Beg pardon, sir," said the astonished cabman, "but you should get inside and put your boxes on top." "was almost blind could not see to revise a little, take steps of the worth of the worth of the could not see to remain a part of the so, you will be glad to know that according to do top himself. "Beg pardon, sir," said the astonished cabman, "but you should get inside and put you becked the worth of the worth of the so, you will be glad to know that according to the top to the worth of the so, you will be glad to know that according to the top the two to fount as the top to the so, and you will be glad t prescription for fifteen days everything seems clear. I can even read fine print without glasses."

It is believed that thousands who wear glasses can now discard them in a reasonable time and multitudes more will be able to strengthen their eyes so as to be spared the trouble and expense

AFTER TAKE



FOR MAIMED MEN

TWO TYPES OF ARMS, ACCORD-ING TO VOCATION OF SOLDIER.

Government Artificial Limbs Factory and Orthopædic Workshop for Making Splints.

The soldier who has lost a limb is met at the station on his arrival in Toronto-and all who have lost limbs are sent to Toronto, for there, close to the Convalescent Home, is the only Government artificial limb factory Canada-and then examined by board of three officers. Then he transferred to the Orthopoedic Hos pital under the charge of Dr. Gallie, Then his stump is looked into, and if it is in a condition for fitting he goes to the limb factory and gets fitted. But if not in such condition he is provided with a "shrinker" and then given a pass (coupled with transportation) in order that he may go to his home until such time as he is able to be fitted.

Then, when he is able to be fitted, he goes back to the Convalescent Home and is fitted with his limb Some men have to be operated on first. This is done at the General Hospital, as there are no facilities for operating at the Convalescent Home. The new Orthopoedic Hospital at North Toronto will have such facilities, as well as an artificial limb factory and an orthopoedic workshop for making splints, etc.

A large number of men come back with immovable joints and stiff limbs. etc. Some of these are treated electrically. Some go through a baking process. Nerve cases are treated with hot air, with hot baths of various kinds, and with electric treatment. Straight massages are given by V. A. D. workers. These are of great effi cacy in muscle eases. Many cases are both nerve and muscle cases.

Best Arms and Legs Made.

The equipment of the Convalescent Home is fine and the baths are splendid. The arms and the legs supplied by the limb factory, which is practically in one with the Convalescent Home, are very satisfactory, the legs being the best artificial ones on the continent. The legs seem to give the men more satisfaction than do the arms, for the reason that a man usually expects more from an arm.

The type of leg that is being used is wooden throughout with an ankle joint, and also a knee joint if the amputation is above the knee, as is the case with a relatively large number. The leg is fitted in the rough, but is not finished until it has been worm about a week or a fortnight to enable the man to become accustomed to it and to enable any alterations found necessary to be made. When a man leaves with his new leg he is fitted with accessories to last him two years. The leg itself, which is worth \$100, and is the best on the market, will last about ten years. An artificial arm, which does not get so much use as a leg, will last about twenty years.

A man without a leg is infinitely better off than a man without arm so far as his capacity for future manual work is concerned. With re gard to the type of arm required the view is taken that in cases of amputation above the elbow, only from an arm, but that, in such cases Carne's arm, which has been greatly boosted in England, is a little more suitable because it has a wrist movement, as well as a finger movement. and, of course, an elbow movement With the Carne's arm, a man can de a lot of fancy things, but it is no (it is said) as much practical for a man engaged in labor as the arm with amputation below the bow, and is particularly well suited for men in general labor. The Dorrance hook appliance has a hand which fits over the hook, and man wants to go out he puts on the

Vocational Training.

There is another Military Convalescent Home on Spadina Avenue, but the men go from there to the one or College Street to get their artificial limbs. As regards the artificial arm question, it should perhaps be said that the type of arm recommended if dependent a good deal on what the vocation of the man by whom it is needed is to be. If he is to be a clerk an office man, a Carne's arm is de cided on. If he is to be a mechanic of a manual worker, not a Carne's arm but one which will be of more practical use to him is decided on. The men appreciate to the full the

great value of the vocational training which has been brought within their reach. The majority of them probably about 60 per cent.-were manual workers in the days before the war. In connection with the classes in vocational training, there is a great run on bookkeeping and clerking, while the courses in mechanical engineering are also

It should be mentioned that the Y M. C. A. admits the men at the Convalescent Home to its privileges, and these are very highly valued by them

the current from electric motors used in mines if deadly fire damp be pre sent has been invented by two English MORE THAN

Scheme in Its Er £396,000,000 a A despatch from L

Minister of Pensions some astonishing figur of Commons on Wedn came to review the or Pensions Department. that the Ministry had

Widows Children of widows . . Dependent on deceases

JERUSALEM

TO BE Troops Are Advan Palestine With

Miles of th

A despatch from V -Jerusalem, the and Palestine, may soon cording to despatches Wednesday. Thes: advance guards of the advancing through Egypt are within for One despatch Chalil, which is in t southern Palestine at miles from Jerusale another operating in ey, while the Russian the Persian front. It is believed here

ish succeed in taking American refugees t over a thousand, will The British capture of 5,000 FORESTER

More Canadians Calle Timber Import A despatch from (A call has been issue Canadians for fores United Kingdom, as

prohibition of timber

experience is necessar

medical regulations a COUNT ZEPPELIN

A despatch from According to a Berlin mitted by Reuter's respondent, Count Z Thursday forenoon at

FREE TO



HOMER-WA

TIRESO